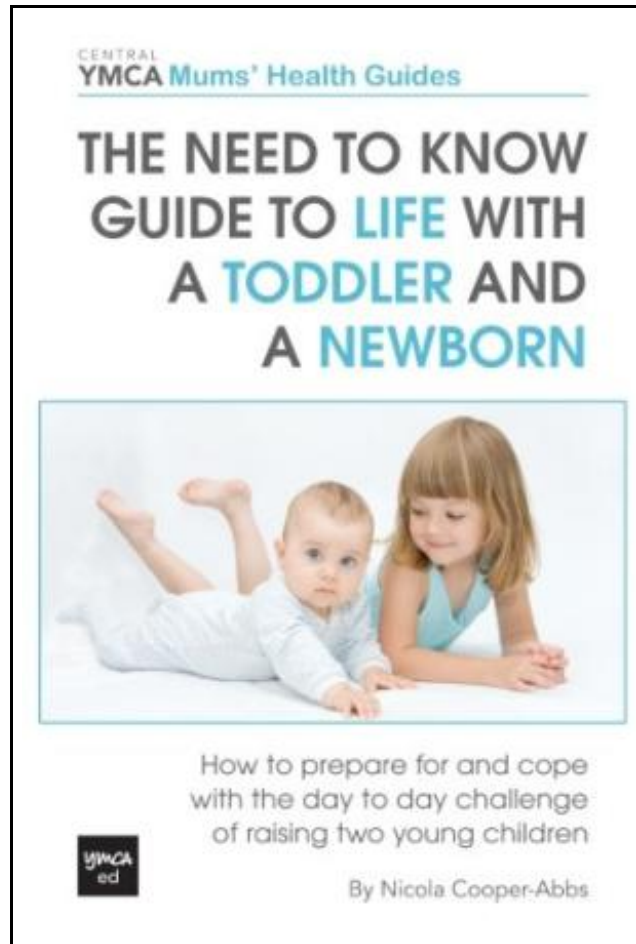


The Need to Know Guide to Life with a Toddler and a Newborn: How to Prepare for and Cope with the Day to Day Challenge of Raising Two Young Children (Paperback)



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Reviews

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(Prof. Lorine Grimes)


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Createspace, United States, 2013. Paperback. Book Condition: New. 220 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Learning to live with and look after your newborn baby is hard enough on its own, but when you combine it with the needs of an energetic, attention-loving toddler, the day-to-day challenge can seem immense. In this fascinating book from Central YMCA, one of the UK's leading health and wellbeing charities, Nicola Cooper-Abbs, herself a mum of two, gives a brilliant insight into these often unforeseen challenges. Using her own experiences and those of other mums from across the UK, Nicola provides a wealth of insightful tips and advice on everything from explaining to your toddler that your new arrival is on its way, to techniques for getting out and about with your growing family. Designed as a guide for parents from pregnancy, through the early days following the birth of your second child and on through the first few months, this essential guide will prepare you for the adventures that lie ahead, with tips on buying the right double buggy, utilising community support services, establishing routines, keeping your toddler amused, finding time for yourself and a whole lot more. As Nicola herself says; At the time I would have welcomed an easy-to-digest book with some top hints and tips on the areas I really struggled with - things I often felt too embarrassed to ask friends or the health visitor about. And this is how this book was born. Central YMCA Guides: Trustworthy advice from those in the know.

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